



## Anti-Vascular Endothelial Growth Factor (VEGF)

*VEGF is a substance in your body that helps new blood vessels grow. Kidney cancer cells have a lot of blood vessels, and the blood vessels inside these cells make a lot of VEGF. Researchers at NIH are trying to test whether blocking VEGF can slow or stop tumor growth in kidney cancer.*

### What is anti-VEGF and how will it be given?

Anti-VEGF is a VEGF antibody. As an antibody, anti-VEGF will bind to VEGF and inactivate it. Anti-VEGF will be given to you through an intravenous (I.V.) line over a 30- to 90-minute period. It will be given every 2 weeks.

### How will I keep track of my treatment schedule?

Your treatment schedule will be done in “courses” and “cycles:” four cycles, or doses, of VEGF are given in each course (except the first course\*). We will work with you to make appointments in OP3 (the 3rd floor clinic) after each course. We will also give you a scheduling calendar at each visit to help you plan your future visits. Sample Course 1 and Course 2 calendars follow.

### Sample Calendars: First Month

Sun Mon Tues Wed Thurs Fri Sat

	1	2 Course 1 Dose 1	3	4	5	6
7	8	9	10	11 Course 1 Dose 2	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Course 1 Dose 3	26	27
28	29	30	31			

### Second Month

Sun Mon Tues Wed Thurs Fri Sat

				1	2	3
4	5	6	7	8 OP3 appt Course 2 Dose 1	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Course 2 Dose 2	23	24
25	26	27	28	29	30	

### Third Month

Sun Mon Tues Wed Thurs Fri Sat

						1
2	3	4	5	6 Course 2 Dose 3	7	8
9	10	11	12	13	14	15
16	17	18	19	20 Course 2 Dose 4	21	22
23 30	24 31	25 F/U OP3	26	27	28	29

You must complete x-rays, urinalysis, and blood tests before each OP3 followup visit.

\* Special note: Course 1 of treatment is unlike those that follow. Course 1 has only three cycles (doses), while the following courses have four doses. In Course 1, the first two doses are 1 week apart.

## How to manage anti-VEGF symptoms

Symptoms	Description	Self care	When to call
fever	<ul style="list-style-type: none"> <li>usually &lt;102 °F</li> <li>0-3 days after VEGF</li> </ul>	Tylenol as directed	101 °F once or 100.4 °F twice
headache	0-3 days after VEGF	<ul style="list-style-type: none"> <li>Tylenol (preferred)</li> <li>Motrin</li> <li>NO ASPIRIN</li> </ul>	<ul style="list-style-type: none"> <li>sudden onset</li> <li>severe</li> <li>not relieved by medicine</li> </ul>
pain	<ul style="list-style-type: none"> <li>lasts up to 1 week</li> <li>joint or muscle pain</li> </ul>	<ul style="list-style-type: none"> <li>Tylenol</li> <li>As prescribed: Indocin, Dilaudid, Percocet, Oxycodone</li> </ul>	<ul style="list-style-type: none"> <li>persistent</li> <li>not relieved by usual pain relief methods</li> </ul>
very scant urine	less than twice a day (small amount)	Drink at least 8, 8-ounce glasses of caffeine-free drinks daily.	amount of urine has not increased in 1 day
malaise	0-3 days after VEGF	Combine periods of rest with periods of activity.	sleeping or in bed more than 12 hours a day
nausea	unable to eat or drink 8, 8-ounce glasses of fluid daily	<ul style="list-style-type: none"> <li>small, frequent meals</li> <li>as prescribed: Compazine, Phenergan, Kytril, Zofran</li> </ul>	lasts more than 1 day
cough	intermittent	<ul style="list-style-type: none"> <li>cough expectorant (Guaifenesin)</li> <li>no codeine</li> </ul>	<ul style="list-style-type: none"> <li>coughing up blood</li> <li>with shortness of breath</li> </ul>
skin	<ul style="list-style-type: none"> <li>rash</li> <li>delayed healing of cuts</li> <li>prolonged bleeding</li> </ul>	Call your NIH doctor.	<ul style="list-style-type: none"> <li>a rash develops</li> <li>prolonged bleeding</li> </ul>
bleeding	bleeding anywhere	Call your NIH doctor.	bleeding from any site, such as hemorrhoids, blood in urine/ stool, coughing up blood, etc.
constipation	usually related to too little fiber and/or fluids	<ul style="list-style-type: none"> <li>Drink at least 8, 8-ounce caffeine- free drinks daily.</li> <li>Eat 5 servings of fruits/vegetables daily.</li> </ul>	stomach pain increases



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? [OCCC@cc.nih.gov](mailto:OCCC@cc.nih.gov)

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